

Whole Wheat Tabouleh

Makes: 50 Servings

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Ingredients	Weight	Measure
Water, Municipal		2 qt + 2 1/2 cup
Salt, table		2 Tbsp
Bulgur, dry	3 lb + 6 oz	
Tomatoes, Red, Ripe, Raw, year RND Average	4 lb + 14 oz	
Cucumber, peeled, raw	2 lb + 8 oz	
Parsley, raw	3 oz	
Onions, raw	12 oz	
Mint leaves, fresh		1/4 cup
Lemon juice, frozen, unsweetened, single strength		1 1/3 cup
Oil, veg, type b-commodity		1/2 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	140	
Total Fat	2.75 g	
Protein	4.43 g	
Carbohydrates	26.68 g	
Dietary Fiber	6.47 g	
Saturated Fat	0.4 g	
Sodium	294 mg	

Directions

1. Add salt to water and bring to a boil.
2. In a large bowl combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain.
3. Add tomatoes, cucumbers, parsley, onions, mint, and cumin(optional) to the bulgur.
4. Add lemon juice and vegetable oil to salad mixture and toss to combine all ingredients. Spread 5 lb 13 oz

(approximately 3 qt 2/3 cup) into each shallow pan (12"X 20" X 2 1/2") to a product depth of 2" or less.

5. CCP: Cool to 41 degree F or lower within 4 hours.

Refrigerate until ready to serve.

6. Portion with 6 oz ladle (3/4 cup).

Notes

Serving Tips:

For a tasty variation, add 2 cups of chopped black olives per 50 servings.